

# WORKOUT @ WORK

This 10 Minute Office Exercise Program is easy to do in your workplace. Doing these stretches and strengthening exercises just 2 times a day will help you improve muscular strength and flexibility, as well as relieve muscular tension. To improve heart health, get an extra 30 minutes of moderate physical activity (walking, biking, swimming, etc.) each day.

- ▶ People with chronic medical problems (like diabetes, asthma or high blood pressure) should talk to a doctor before starting any exercise program.
- ▶ Stretch only as far as it is comfortable for you. Do not overstretch. If any exercise hurts or is uncomfortable, stop.
- ▶ For all exercises, keep your stomach pulled in and do not arch your back.

For more copies of this poster, or more information about improving your physical fitness and overall health, contact:

Trident Public Health District  
SC Dept. of Health & Environmental Control  
4050 Bridge View Dr., Suite 600  
North Charleston, SC 29405

Phone: (843) 746-3800

Fax: (843) 746-3881

E-Mail: [tridinfo@dhec.sc.gov](mailto:tridinfo@dhec.sc.gov)

Web site: <http://www.scdhec.gov/trident/workout>

## Special Thanks:

### Charleston RiverDogs

Aneudi Cuevas #27 / Infielder  
Elijah Dukes #35 / Outfielder  
Elliot Johnson #8 / Infielder  
Tony Peguero #33 / Right Handed Pitcher

### 95.1FM WSSX—2 Girls & a Guy

Tanya Brown • Karen Paige • Steve Waters



## ARM CIRCLES

**Strengthens shoulder muscles and increases range of motion of the shoulders**

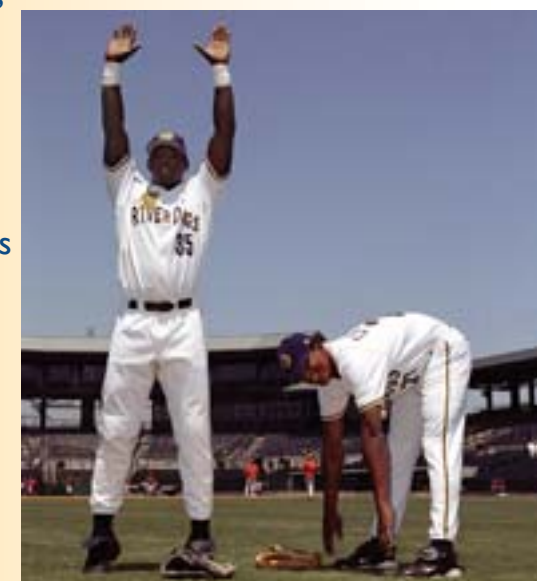
- ▶ Stand with feet shoulder-width apart, face forward.
- ▶ Stretch your arms out to the sides, even with your shoulders, palms up.
- ▶ Make large forward circles with your arms. Repeat 10 times.
- ▶ Reverse circles, palms down. Repeat 10 times.



## WAVE

### Whole body stretch

- ▶ Stand with feet shoulder width apart, with arms by your sides.
- ▶ Raise arms overhead.
- ▶ Raise up on your toes and reach for the sky.
- ▶ Hold stretch for 10 seconds.
- ▶ Return to starting position, with arms by your sides.
- ▶ Bend from the hips and try to touch your toes.
- ▶ Hold stretch for 10 seconds.
- ▶ Repeat 5 times, alternating up and down.



## STANDING ABDOMINAL TWIST

**Strengthens abdominal muscles**

- ▶ Lift left leg while twisting the right elbow, and touch the left knee.
- ▶ Repeat move using right leg and left elbow.
- ▶ Repeat 5 times alternating each side.



## SIDE STRETCH

**Promotes shoulder, torso and waist flexibility**

- ▶ Stand with feet slightly wider than shoulder-width apart; arms relaxed at your sides.
- ▶ Bring right arm up, hand overhead and bend slowly to the left, then bring arm back to starting position.
- ▶ Repeat move using the left arm and bending to the right.
- ▶ Repeat 5 times for each side, alternating sides.



## WALL PUSH-UP

**Strengthens shoulders, chest, arms, and back**

- ▶ Stand one step back from the wall, facing the wall.
- ▶ Lean forward, bracing yourself with your arms, feet shoulder-width apart.
- ▶ Slowly bend your elbows, bringing your upper body closer to the wall, then push away from the wall back to the starting position. Repeat 10 times.



## MARCH IN PLACE

**Improves balance and strengthens muscles in the legs and thighs**

- ▶ Stand up straight, bring one knee up and down, and alternate legs like you are marching in place.
- ▶ Repeat 10 times with each leg, alternating legs.



## BODY TWIST

**Strengthens the torso muscles**

- ▶ Stand with feet shoulder-width apart.
- ▶ Extend arms out, palms up.
- ▶ Twist left at the waist, looking in the same direction as far back as possible.
- ▶ Repeat the move, twisting right.
- ▶ Repeat 5 times each direction, alternating between right and left.



## PENDULUM SWING

**Promotes shoulder flexibility and range of motion**

- ▶ Sit in chair, feet flat on floor, with arms hanging down at your sides.
- ▶ Lean slightly forward, keep your back straight, and swing your arms forward and backward.
- ▶ Repeat 10 times with each arm.



## SHOULDER ROLLS

**Promotes shoulder and neck flexibility**

- ▶ Start with arms relaxed at your sides.
- ▶ Stand with feet shoulder-width apart.
- ▶ Shrug your shoulders to your ears and then circle them forward as far as possible.
- ▶ Move your shoulders up and all the way around and down to the starting position. Repeat 5 times.
- ▶ Reverse; circle your shoulders backward as far as you can. Repeat 5 times.



## SEATED SQUAT

**Strengthens leg muscles**

- ▶ Sit forward in your chair with back straight and feet shoulder-width apart and flat on the floor.
- ▶ Slowly stand, then lower yourself back towards the starting position without letting your buttocks touch the seat.
- ▶ Return to standing position.
- ▶ Repeat 5 times.



## SIDE LEG STRETCH/BACK LEG LIFT

**Strengthens the outer thigh muscles, stretches the inner thigh muscles, strengthens the legs, hip muscles, and lower back muscles.**

- ▶ Stand and hold chair for balance, bring your right leg out to the side to approximately a 45 degree angle.
- ▶ Hold for a count of 5, and return to starting position.
- ▶ Holding chair for balance, lift and extend your right leg out behind you.

- ▶ When lifting your leg back, squeeze your buttocks, holding position for a count of 5, then return to starting position.
- ▶ Switch to the left leg and repeat.
- ▶ Perform 5 times with each leg.



## SEATED LEG LIFT

**Strengthens abdominal muscles**

- ▶ Sit up in chair and slightly forward, feet together with stomach muscles tight.
- ▶ Hold onto the chair sides and lift both feet together, pretend you are lifting them over an object on the floor, moving them to the left.
- ▶ Repeat move going to the right.
- ▶ Perform 5 times to the right and 5 times to the left.

